BH Fitness T8 SPORT
Treadmill Owner's Manual

BH 12/6/12

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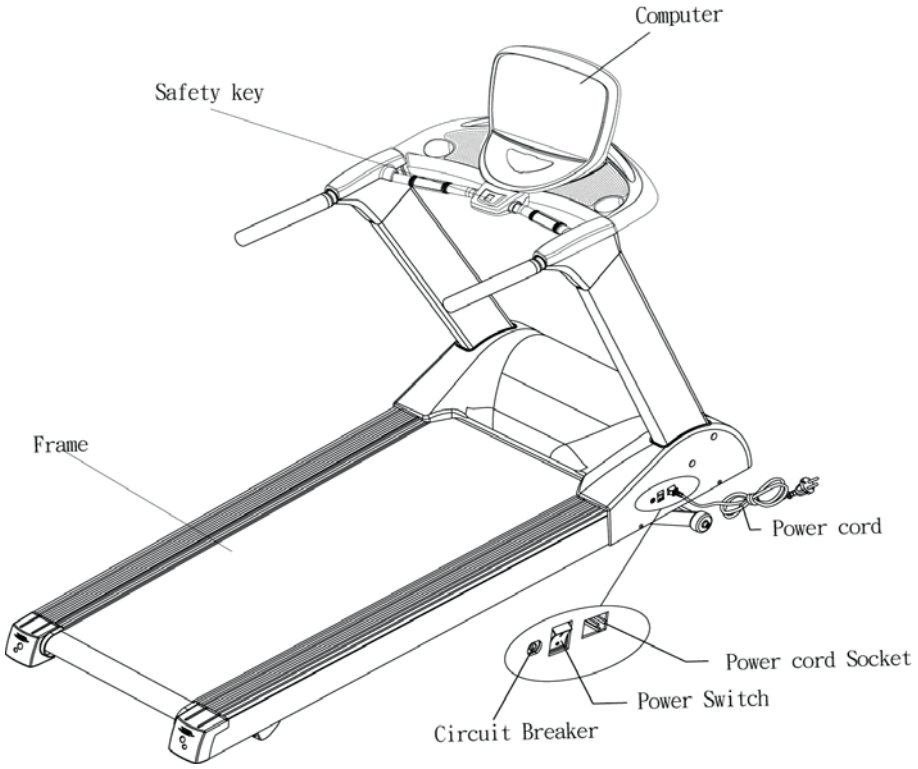
INTRODUCTION:

*C*ongratulations for selecting BH FITNESS as your new fitness resource. BH FITNESS treadmills offer many exercise programs that benefit users of all levels and ages. Your new treadmill is designed to make your workouts more effective and enjoyable.
Please read this entire manual carefully before using your treadmill. This will allow you to get a full understanding of all the features your BH FITNESS treadmill provides. If you have any questions or concerns, please contact BH FITNESS or any authorized BH FITNESS distributors in your area.

BH FITNESS

BEFORE YOU BEGIN

It is very important to become familiar with the frequently used components of your treadmill.



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SECTION 1

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

User Safety:

Before using this or any other exercise equipment **consult your family physician or health care professional** in order to develop a well-planned exercise program to fit your health needs. If you encounter any pain or breathing discomfort while working out, **STOP!**, and consult a physician before continuing.

1. Close supervision is necessary when this unit is used by or near children. They are curious and vulnerable to accidents. Do not use the unit as a toy.
2. Do not wear loose or dangling clothing while using the treadmill.
3. Maximum user weight is 400 lbs (181 kgs) for the T8 treadmill.
4. Only one person can use the unit at a time.
5. Keep hands away from moving parts.
6. The owner is responsible for explaining safety instructions to each user.

Treadmill Safety:

WARNING: To reduce the risk of fire, electric shock, injury to persons or inflicting the harm of a burn:

7. Turn all the controls to the off position prior to removing the electrical plug from the outlet. The on/off switch is located on the right, front of the unit.
8. Never leave the unit unattended while plugged in. Unplug the unit from the electrical power before leaving the room, when unused and before servicing or adding or removing parts.
9. Unplug the treadmill prior to cleaning to reduce the risk of electric shock, serious burns, and the risk of injuries.
10. Never operate this unit if it has a damaged electrical cord or plug. Do not operate this unit if it is not working properly. Do not operate this unit if it has been dropped or damaged. Do not operate this unit if it has been immersed in water. Return the unit to a service center for examination and repair.
11. Do not pull or carry the unit by the electrical cord. Do not use the cord as a handle.
12. Keep the electrical cord away from heated surfaces.
13. Connect this Treadmill to a properly grounded 110-120V, 15 or 20 Amp dedicated outlet only.
14. Call your service center or BH Fitness with your concerns before taking your treadmill in for repair.
15. Do not place sharp objects near the unit. Never drop or insert any object into any opening.
16. Do not use outdoors.
17. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
18. Use the unit only as described in this manual. Only use attachments recommended by the manufacturer.
19. For safety, keep a minimum clearance of 18” on the front and each side and 24” at the rear of the treadmill. Place the unit on a flat stable surface.

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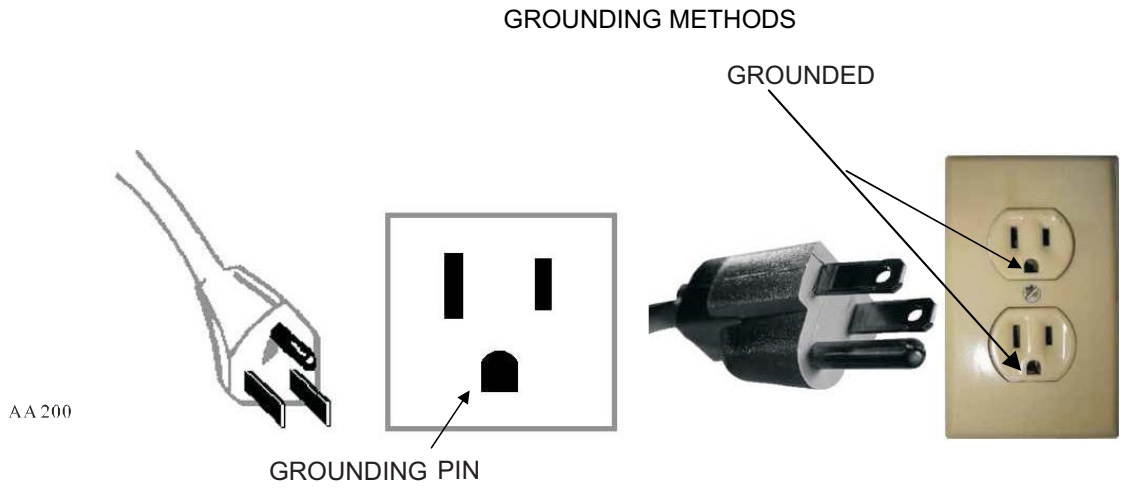
IMPORTANT SAFETY INSTRUCTIONS (continued)

GROUNDING INSTRUCTIONS

This unit must be grounded. If it malfunctions or breaks down, grounding reduces the risk of electric shock by providing a path of least resistance for electric currents. This unit is equipped with a cord that has an equipment-grounding conductor and a grounding plug. Insert the plug into a dedicated 110-120 VAC~ electrical outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not use an adapter or extension cord with this unit.

WARNING! – An improper connection of the grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.



Please save these instructions for future reference

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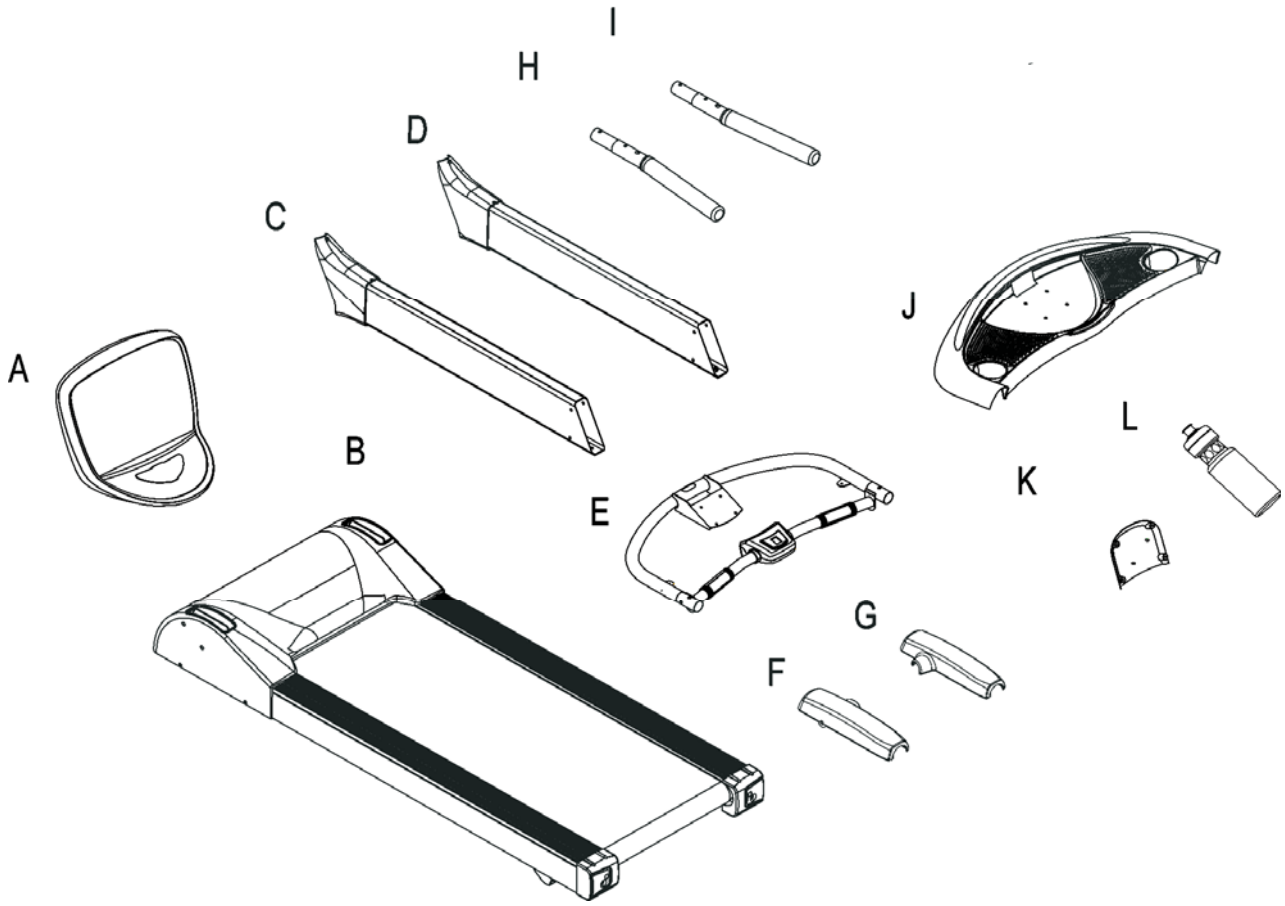
SECTION 2

ASSEMBLY INSTRUCTIONS

ITEM	DESCRIPTION	QTY
A	Computer Console	1
B	Frame	1
C	Left Upright	1
D	Right Upright	1
E	Computer Frame	1
F	Left Handrail Cover	1
G	Right Handrail Cover	1
H	Left Handrail	1
I	Right Handrail	1
J	Cup/Bottle Holder	1
K	Rear Cover	1
L	Bottle	1



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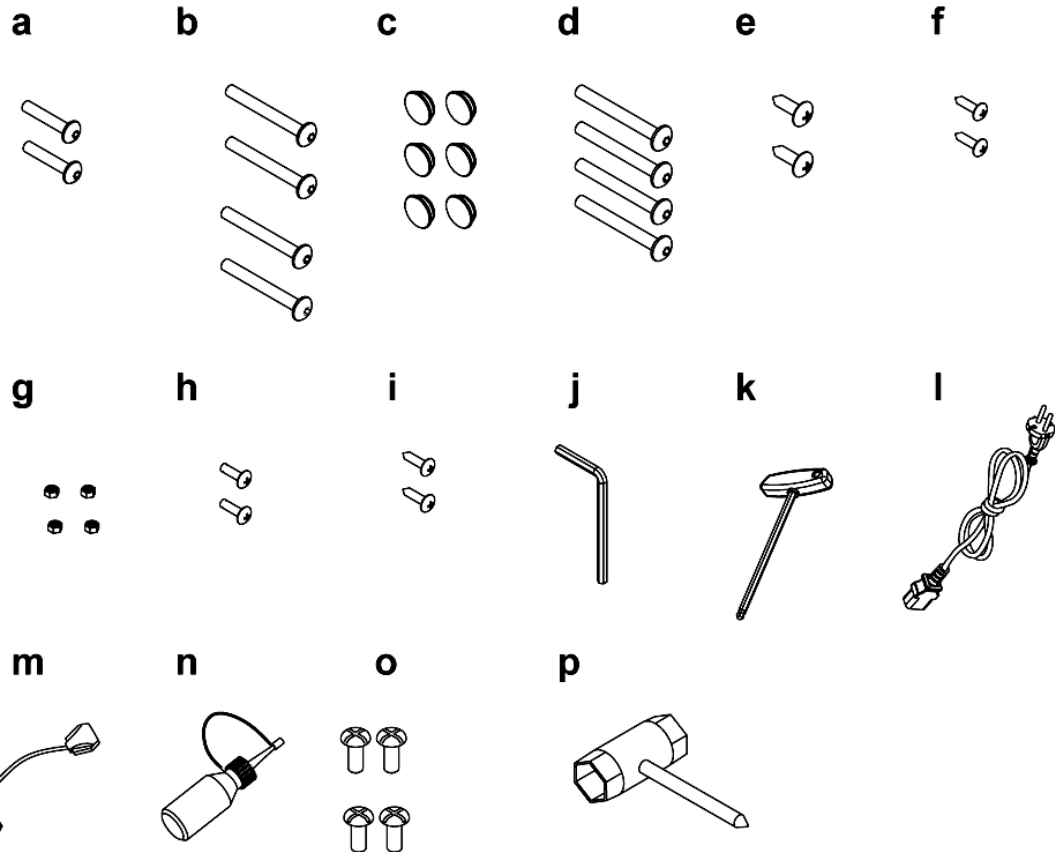
ASSEMBLY INSTRUCTIONS (cont'd)

ITEM	Description	Qty
a	Hex Screw M8xP1.25x40	2
b	Hex Screw M8xP1.25x75	4
c	Screw Cover	6
d	Hex Screw M8xP1.25x60	4
e	Philips Self Tapping Screw Ø5x25	2
f	Philips Self Tapping Screw Ø4x12	2
g	Nut M6	4
h	Truss Philips Screw M5x15L	2
i	Truss Philips Self Tapping Screw Ø4x16	2
j	Hex Wrench 5mm	1
k	T Shaped Spanner	1
l	Power Cord	1
m	Safety Key/Clip	1
n	Silicon Lubricant	1
o	Philips Screw M4xP0.7x8	4
p	Sleeve Wrench+ Screwdriver 1.0mm	1



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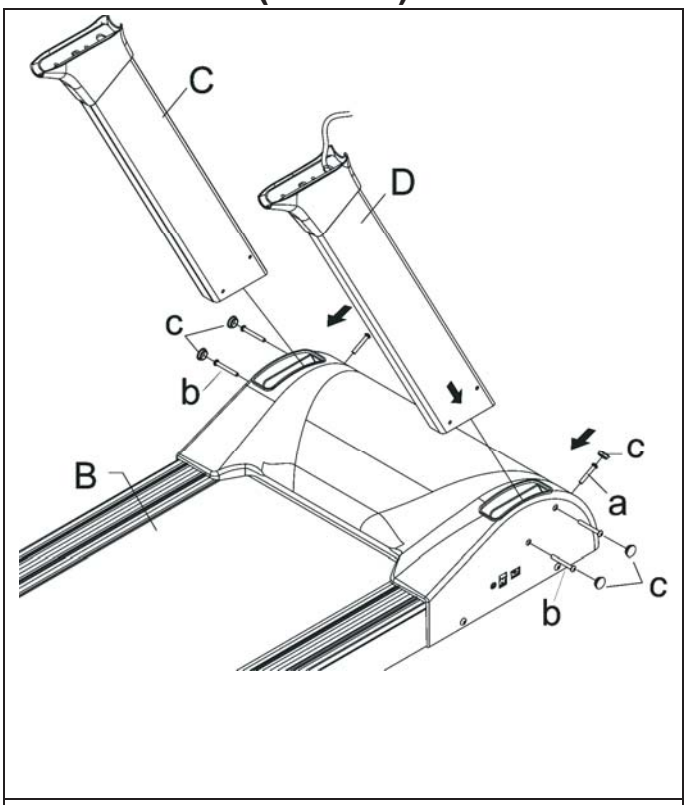
ASSEMBLY INSTRUCTIONS (cont'd)

A minimum of two people are required to assemble this treadmill.

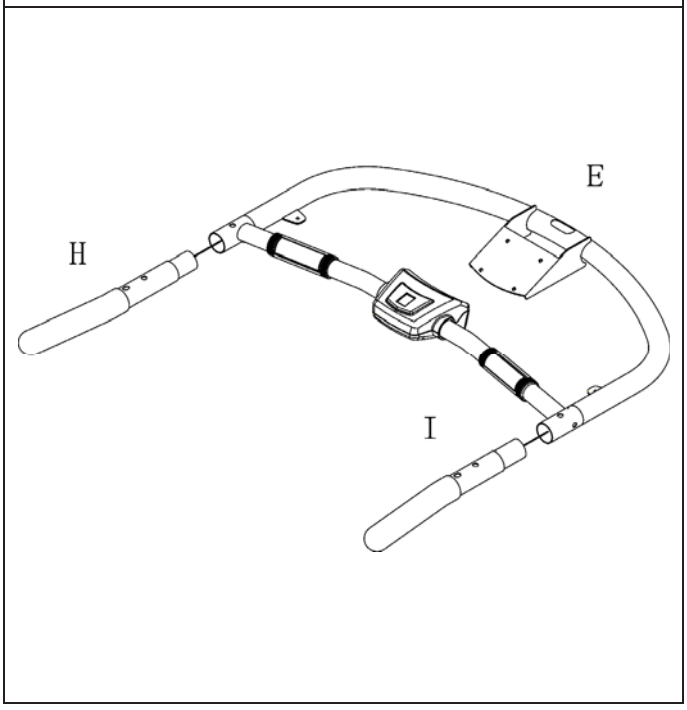
READ all instructions thoroughly BEFORE assembling the treadmill.



1. Tie the lead wire from within the bottom right upright (D) to the interface cable (coiled inside the motor cover opening)

   From the top of the upright, pull the interface cable up and out of the upright.
   Insert the uprights into the slots on the frame (B) and secure using bolts (a & b).

   Plug the holes with plastic caps (c)



2. Insert handrails (H, I) into the computer console welding base(E).

   Make sure that the hole pattern of the handrails match that of the base (E) before inserting bolts and tightening.

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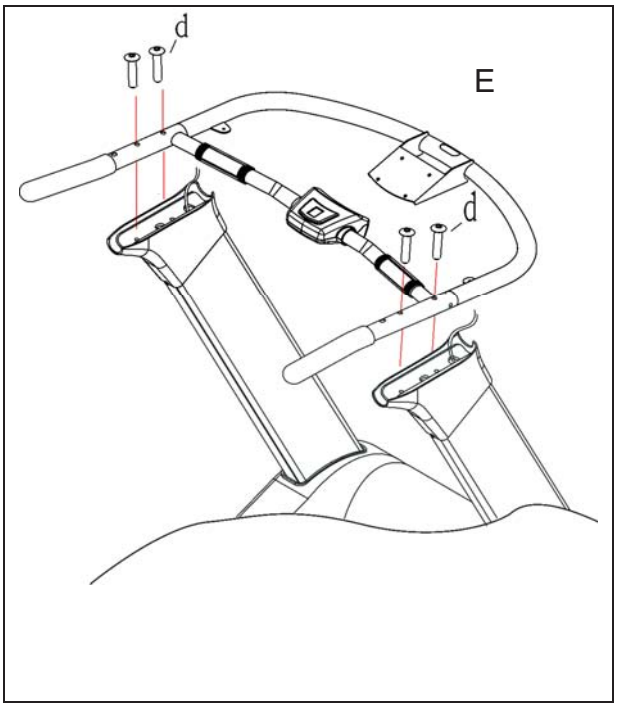
ASSEMBLY INSTRUCTIONS (cont'd)

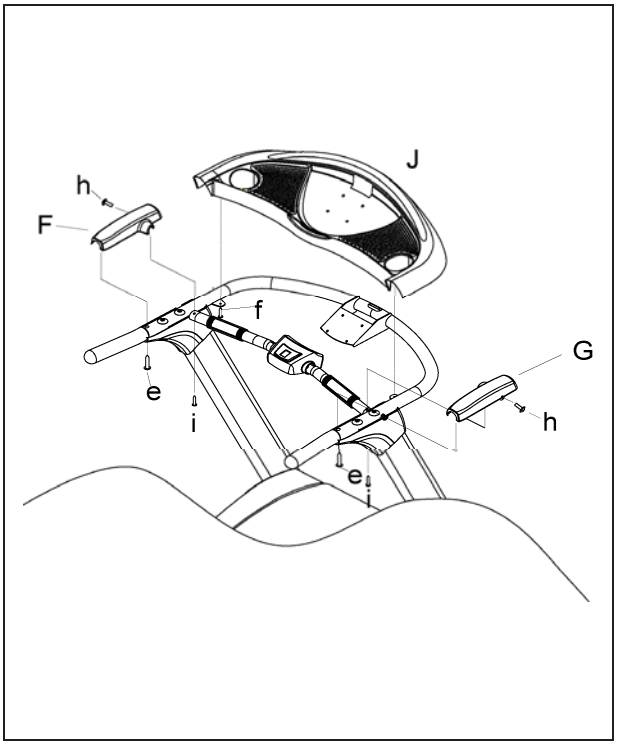
3. Feed the interface cable from the upright through the computer console welding base (E) at the handrail opening until it reaches hole at the center of the base (E). Then pull the interface connector out until there is no excess cable

   Place the base (E) on the upright and tighten using socket bolts (d)

   Make sure not to pinch the interface cable in the process.



4. Place the cup/bottle holder (J) on the console welding base (E). Tighten with screws (f).
   Attach the Left/Right handrail covers (F, G) and secure in place with sheet metal screws (e, i) and machine screw (h).



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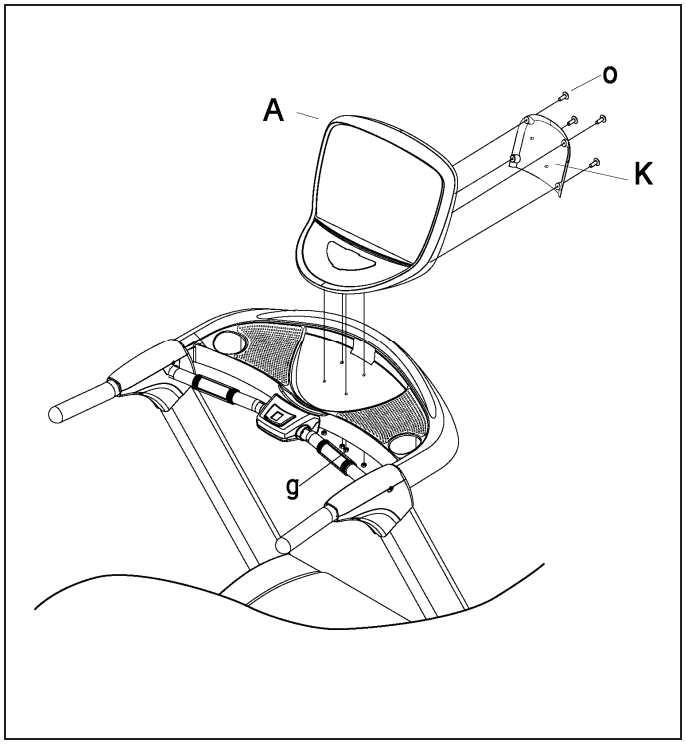
ASSEMBLY INSTRUCTIONS (cont'd)

5. Place console (A) on the cup/bottle holder (J). Mate all connectors: Handpulse, Emergency Stop & I/O Interface before securing the console in place with 4 nuts (g) under the cup Attach the rear console cover (K) with machine screws (o).



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SECTION 3

TREADMILL & CONSOLE

MOVING THE TREADMILL

Use the front wheels to move the Treadmill. Elevating the treadmill (incline) may help make the wheeling of the unit easier. Always be sure to use proper lifting form / technique. Grasp the end caps with two hands and slowly lift deck up until you are in an upright position. Keep the treadmill at that angle and wheel the unit as required.

SAFETY KEY & CLIP

BH Fitness treadmill is equipped with a safety key that will disable the treadmill if it is not in place. Attach the clip end of the safety key to your clothing. The magnet end goes into the recess in the center of the console. If at any time you need to stop the treadmill, pull the safety key quickly off the console. This will cut all power to the treadmill and it will come to a complete stop. To restart the treadmill, place the safety key back in place. Previously input data or programs are erased and must be re-entered again.

BEFORE STARTING

Straddle the running belt and stand on the side rails. Insert the safety key and attach the clip to your clothing. Do not stand on the walking belt while starting or stopping the treadmill.

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TREADMILL & CONSOLE (cont'd)

T8 SPORT

KEY FUNCTIONS

QUICK/START – This key is used to begin any treadmill program or QUICK/START.

MODE – This key is used to access the program mode.

STOP/RESET – This key is used to stop the treadmill at any time. In the standby position, press and hold the Stop key for 5 seconds to set the incline to zero from an elevated position.

ENTER – This key is used to confirm the value of the current selection.

These keys are used to adjust the elevation of the treadmill.

These keys are used to adjust the speed of the treadmill.

Note: To switch between the metric system (kilometers) and the English system (miles), press and hold the Enter key for 10 seconds at the Start/Ready position after power on. At this time, the window will display: 1 (the metric system) or 0 (the English system). Use the Incline keys to select. Press the Enter key to accept the selection.

TREADMILL & CONSOLE (cont'd)

INSTANT SPEED/ELEVATION KEYS – You can change the speed or elevation of the treadmill by pressing the numeral Instant Key buttons.

CONSOLE FEEDBACK

TIME – In a program, this displays the remaining time of the program you have selected. In QUICK START, it displays the accumulated time that you have been exercising.

CALORIES – This reading is the amount of body heat in calories burned during your workout. As with all pieces of exercise equipment, this is an estimated value.

INCLINE – Incline will read as a percent of grade.

NOTE: Important information about Incline:

1. While the treadmill is elevated and the safety key is removed, putting the safety key back would not automatically return the incline to zero. To activate and return the incline to zero, press QUICK START.
2. While the treadmill is elevated and the power is removed, putting the safety key back would not automatically return the incline to zero. To activate and return the incline to zero, press QUICK START.
3. If the Incline is elevated in the standby position, press the Stop key for 5 seconds to set the incline to zero.

PULSE – Pulse will display in Beats Per Minute (BPM).

SPEED – This is how fast the treadmill moves in Miles Per Hour (MPH).

DISTANCE – Total distance traveled during your workout in miles.

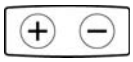
USING HEART RATE

Note : See page 22 for Target Heart Rate Instructions.

PULSE GRIP – To periodically check your heart rate, grasp the sensors at the base of the console. The PULSE LED will flash and after about 9 seconds your pulse (heart rate) will be displayed in the pulse window.

TREADMILL & CONSOLE (cont'd)

QUICK START

1. Stand on the side rails.
2. Use 2.A. or 2.B. as applicable
   A. If POWER is off, turn on POWER switch, then go to step 3.
   B. If POWER is on and a program has been completed or interrupted by pressing STOP/RESET, then do the following:
      i.) Press STOP. Press and hold STOP until TIME = 0:00.
      ii.) Wait for the Incline to go down to zero.
      iii.) Press and hold ENTER until the console double beeps and the TIME screen is blank. Previously set weight remains.
      iv.) Press QUICK START to begin without changing weight value.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Adjust weight if you wish with the keys and press ENTER.
5. Press QUICK/START and the unit will move at 0.5 MPH.
6. Adjust Speed with the  to step 0.1 MPH or use instant speed keys.
7. Adjust Incline with the to step 1% incline or use instant incline keys.

TO STOP

1. Step off running belt onto the side rails.
2. Press STOP/RESET. The running belt will stop.

Note: For an immediate stop, pull the safety key out of the safety key recess and the treadmill will stop abruptly.

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SECTION 4

WORKOUT PROGRAMS

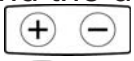
Your BH FITNESS treadmill will provide both manual controlled and factory installed preset workout programs.

In MANUAL, you control the speed and/or elevation at your discretion. For QUICK START exercise with Time setting, refer to Manual Program.

In PRESET programs, the speed and/or elevation will change in accordance with the program's profile (as illustrated on the following pages).

In any program, pressing the Stop key will pause the current program. To resume the current program press the Start key. To exit the current program and return to the standby mode, press the Stop key again.

MANUAL PROGRAM (P-01) SETUP

1. Stand on the side rails.
2. Use 2.A. or 2.B. as applicable
   A. If POWER is off, turn on POWER switch, then go to step 3.
   B. If POWER is on and a program has been completed or interrupted by pressing STOP/RESET, then do the following:
      i.) Press STOP. Press and hold STOP until TIME = 0:00.
      ii.) Wait for the Incline to go down to zero.
      iii.) Press and hold ENTER until the console double beeps and the TIME screen is blank. Previously set weight remains.
      iv.) Press QUICK START to begin without changing weight value.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Adjust weight if you wish with the keys and press ENTER.
5. Press MODE key ~ Program P-01 light will be flashing.
6. Press ENTER key ~ Time will be flashing.
7. Adjust time with the keys.
8. Press QUICK/START and the unit will move at 0.5 MPH.
9. Adjust Speed with the  or instant speed keys.
10. Adjust Incline with the or instant incline keys.

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WORKOUT PROGRAMS (continued)

PROGRAM (P-02 through P-07) SETUP

1. Stand on the side rails.
2. Use 2.A. or 2.B. as applicable
   A. If POWER is off, turn on POWER switch, then go to step 3.
   B. If POWER is on and a program has been completed or interrupted by pressing STOP/RESET, then do the following:
      i.) Press STOP. Press and hold STOP until TIME = 0:00.
      ii.) Wait for the Incline to go down to zero.
      iii.) Press and hold ENTER until the console double beeps and the TIME screen is blank. Previously set weight remains.
      iv.) Press QUICK START to begin without changing weight value.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Adjust weight if you wish with the keys and press ENTER.
5. Press MODE key ~ Program P-01 light will be flashing.
6. Select program P-02 through P-07 with the keys.

NOTE: **Program P-02, skip to Step 8**

7. Press ENTER ~ Time light will be flashing.
8. Adjust time with the keys.
9. Press ENTER ~ Speed will be flashing.
10. Adjust speed with the keys.
11. Press ENTER ~ Incline will be flashing.
12. Adjust incline with the keys.
13. Press QUICK/START to begin the workout.

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WORKOUT PROGRAMS (continued)

PROGRAM (P-08) (HRP – Heart Rate Program)

Note : P-08 requires a Chest Strap, such as POLAR T41 Transmitter (not included) sold separately.

Note : See Page 22 for Target Heart Rate instructions

1. Stand on the side rails.
2. Use 2.A. or 2.B. as applicable
   A. If POWER is off, turn on POWER switch, then go to step 3.
   B. If POWER is on and a program has been completed or interrupted by pressing STOP/RESET, then do the following:
      i.) Press STOP. Press and hold STOP until TIME = 0:00.
      ii.) Wait for the Incline to go down to zero.
      iii.) Press and hold ENTER until the console double beeps and the TIME screen is blank. Previously set weight remains.
      iv.) Press QUICK START to begin without changing weight value.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Adjust weight if you wish with the keys and press ENTER.
5. Press MODE key ~ Program P-01 light will be flashing.
6. Select P-08 program with the keys.
7. Press ENTER ~ Time will be flashing.
8. Adjust time with the keys.
9. Press ENTER ~ Age will be flashing.
10. Adjust age with the keys.
11. Press ENTER ~ Pulse will be flashing.
12. Adjust pulse with the keys.
13. Press QUICK/START to begin the workout.

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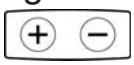
WORKOUT PROGRAMS (continued)

CUSTOM PROGRAMS (P-09 and P-10) SETUP

1. Stand on the side rails.
2. Use 2.A. or 2.B. as applicable
   A. If POWER is off, turn on POWER switch, then go to step 3.
   B. If POWER is on and a program has been completed or interrupted by pressing STOP/RESET, then do the following:
      i.) Press STOP. Press and hold STOP until TIME = 0:00.
      ii.) Wait for the Incline to go down to zero.
      iii.) Press and hold ENTER until the console double beeps and the TIME screen is blank. Previously set weight remains.
      iv.) Press QUICK START to begin without changing weight value.
3. To set new weight value, momentarily remove and return the safety key or recycle the power switch. The default weight (150 lbs.) should be flashing in the window.
4. Adjust weight if you wish with the keys and press ENTER.
5. Press MODE key ~ Program P-01 light will be flashing.
6. Use the keys to select P-09 or P-10.
7. Press ENTER ~ Time will be flashing.
8. Adjust time with the keys.
9. Press ENTER ~ Display will show S=01 (segment #1).
10. Adjust the speed of this segment with the  keys or instant speed keys.
11. Adjust the incline of this segment with the keys or instant incline keys.
12. Press ENTER ~ Display will show S=02 (segment #2).
13. Repeat steps 9, 10 and 11 up to S=30 (30 segments).
14. Press QUICK/START at any time to end data entry and begin workout.

Custom programs will be stored in the system for easy retrieval unless you reprogram the segments of the custom program.

Note : You can program up to 30 different level segments as desired. Any segments left unprogrammed will be carried out as default incline and speed of 0% and 0.5 MPH respectively.

You can edit the current segment you are at and the built-in software will automatically adjust the rest of the segments to match.

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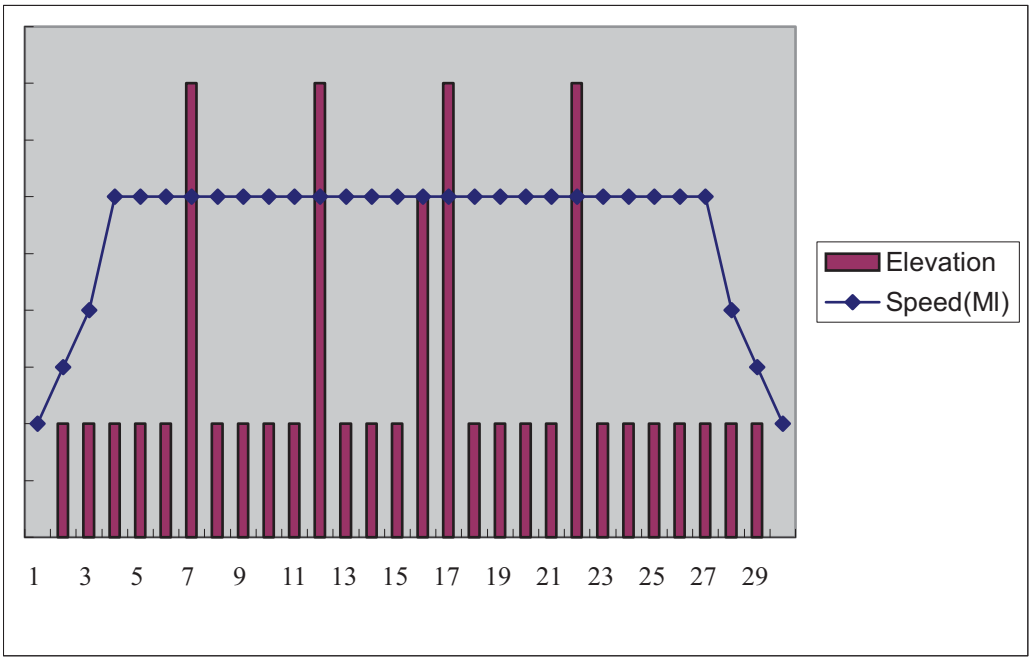
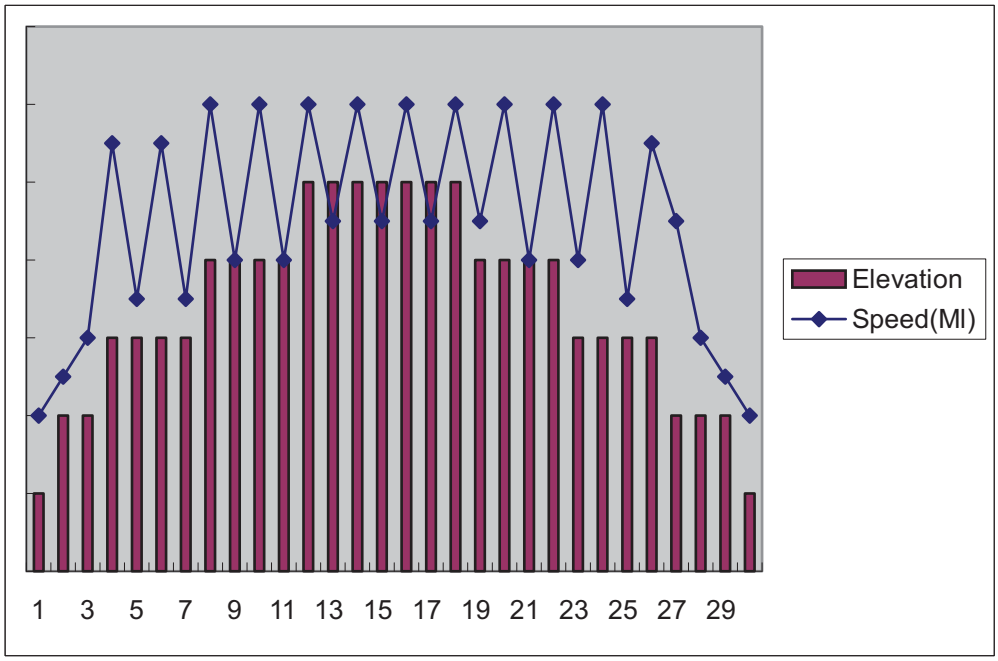
WORKOUT PROGRAMS (continued)

(P2) 9 Hole Walk

(The 9 Hole is a preset distance of 2.17miles. No Need to adjust time)



(P3) Hill Climb



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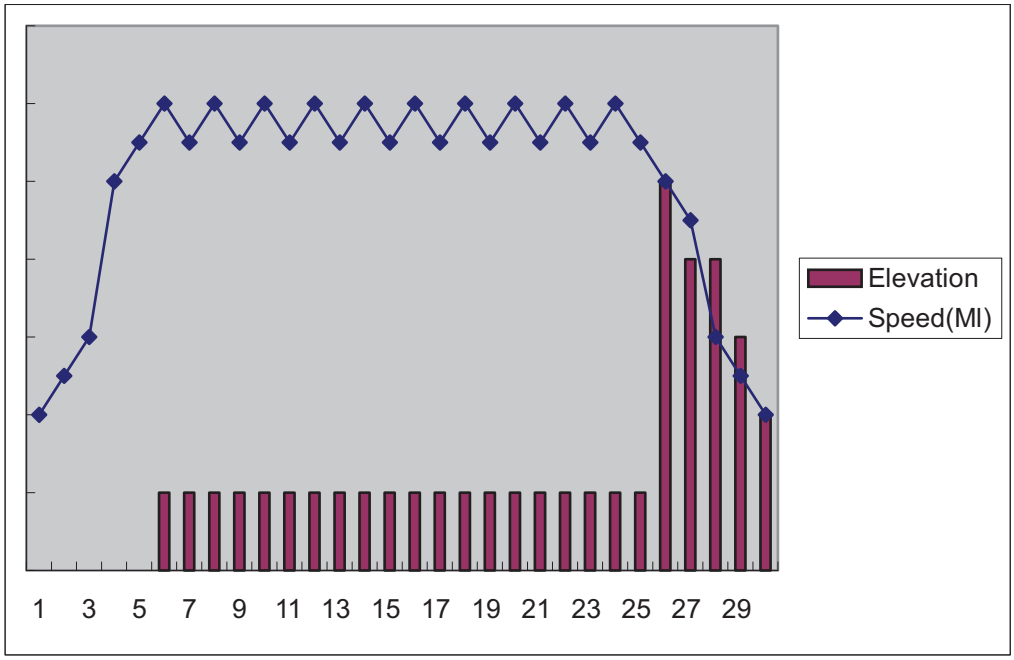
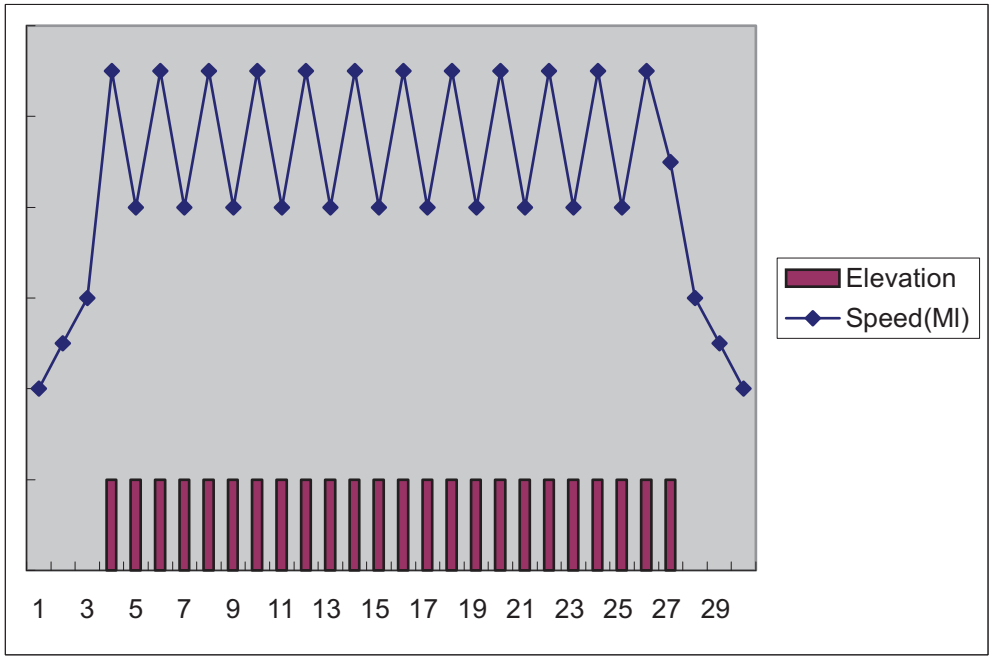
WORKOUT PROGRAMS (continued)

(P4) Endurance Run



(P5) Interval Run



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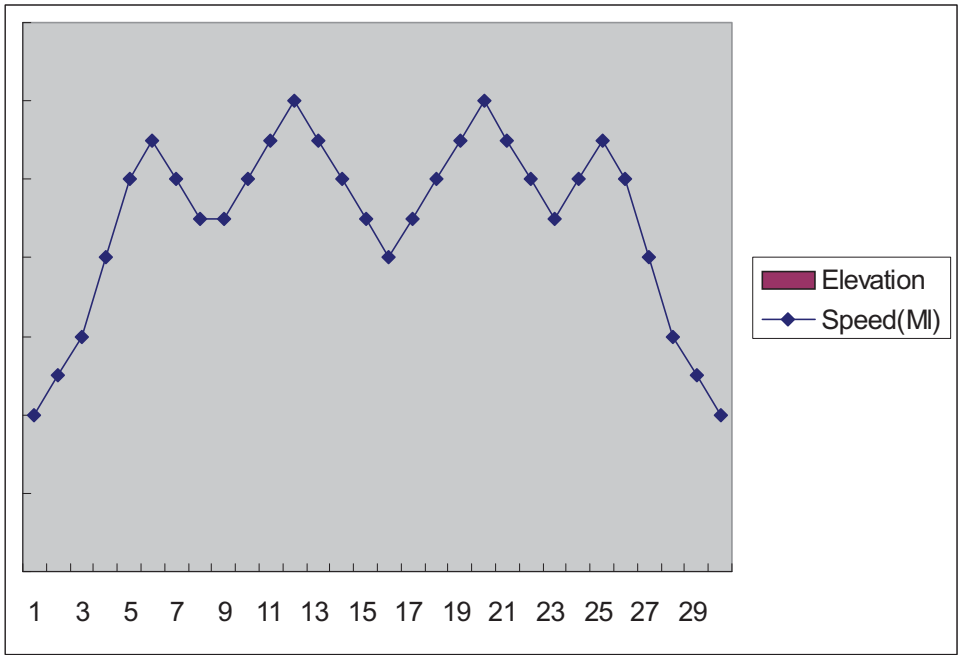
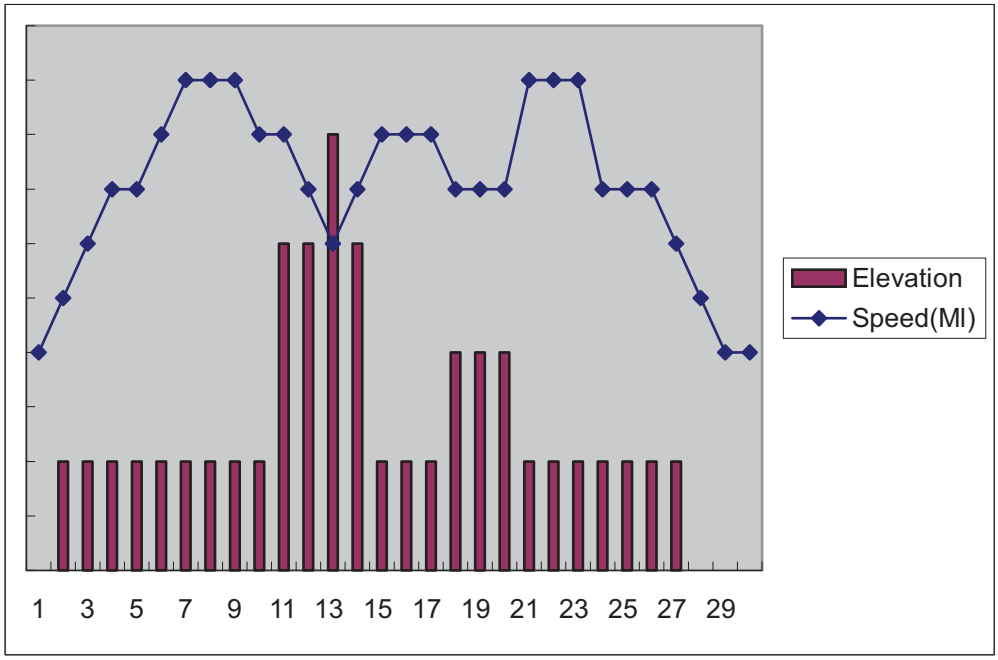
WORKOUT PROGRAMS (continued)

(P6) Rolling Run



(P7) Weight Loss Walk



(P8) HEART RATE CONTROL (HRC) – Based on AGE, PULSE and TIME inputs

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SECTION 5

CALCULATE YOUR TARGET HEART RATE

Heart Rate (HR) training has become one of the most popular forms of monitoring your workouts. Nothing tells you how your body is feeling like your own heart. By using your heart rate to tell you how hard to train, you can maximize your workout results.

STEP ONE
Determining your Maximum Heart Rate:
The standard calculation for determining your maximum heart rate, Beats Per Minute (BPM), is to take your age and subtracting it from the number 220.

Example: If you are 30 years of age, your maximum heart rate is:
220 – 30 = 190 BPM.

STEP TWO
Select your ideal workout HR Zone:
Once you have your maximum heart rate you can use it to determine your Target HR Zone based on your fitness goal(s).

Recent studies have shown:

60-70% of your maximum HR will allow you to loose weight.
70-80% of your maximum HR will improve your aerobic fitness.
80-85% of your maximum HR will increase your athletic performance.

NOTE: DO NOT exceed 85% of your maximum heart rate.

STEP THREE
Calculate your ideal Target HR:
Using the above percentages, you can calculate your ideal Target Heart Rate for your specific goal.

As an example, the average 30 year old can:

Maximize burn fat / weight loss, by maintaining ~123 BPM during a workout
190 * 0.65 =123 BPM.

Improve aerobic fitness, by maintaining ~142 BPM during a workout
190 * 0.75 =142 BPM.

Remember to **consult your family physician or health care professional** to develop a well-planned exercise program to fit your health needs.

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SECTION 6

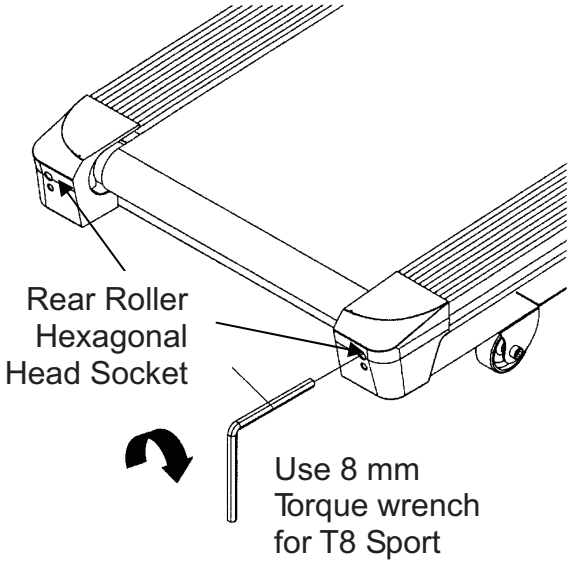
PREVENTIVE MAINTENANCE

The running belt can shift to one side or simply 'skid over' when running. Run the machine at 3 mph for a few minutes to determine which side the belt is drifting towards, left or right. Center the belt using the 8 mm Torque wrench.

If the belt is drifting left.
i) Turn the treadmill off and unplug from the machine.
ii) Tighten the left hexagonal head socket a ¼ turn (clockwise).
iii) Loosen the right hexagonal head socket a ¼ turn (counterclockwise).
iv) Run the belt at 3 mph again for a few minutes.
If the belt drifts to the left, repeat steps.

If the belt is drifting right.
i) Turn the treadmill off and unplug from the machine.
ii) Tighten the right hexagonal head socket a ¼ turn (clockwise).
iii) Loosen the left hexagonal head socket a ¼ turn (counterclockwise).
iv) Run the belt at 3 mph again for a few minutes.
If the belt drifts to the right, repeat steps.

Once the running belt has been adjusted, closer to the center, the treadmill can be powered on again.



It is recommended that the deck be lubricated before first use and subsequently as suggested in the table below according to frequency of usage.

WARNING!

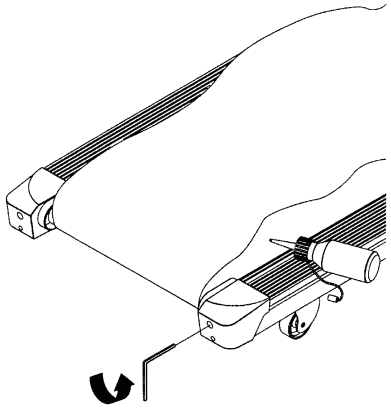
Do not use cleaner under the running belt.

i) Use 8 mm Torque wrench to loosen the hexagonal head socket in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. ONLY use a clean soft cloth.

ii) Gently pull up the side of the running belt. Dispense a thin layer of the lubricant on deck, and spread evenly. DO NOT over lubricate.

iii) Center the belt (using the instructions above), and tighten the hexagonal head socket.

Check belt condition and if necessary adjust using the instructions above.



4 Miles or less / hr = lube every 1 year
4~8 Miles / hr = lube every 6 months
8 Miles or more / hr = lube every 3 months

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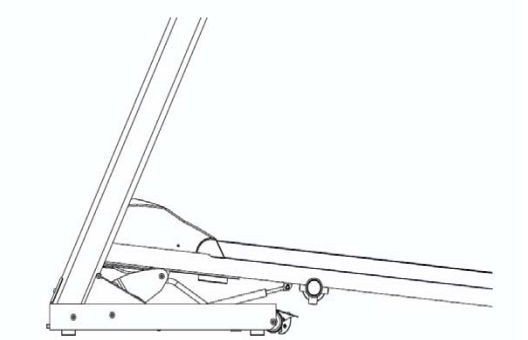
TROUBLESHOOTING

ERROR MESSSAGE	POSSIBLE CAUSES	SOLUTION
E1		
Loss of Feedback	Speed Sensor disconnected	Check Speed Sensor Connection
	Speed Sensor Misaligned	Check Sensor position
	Faulty Speed Sensor	Replace Speed Sensor
	Loose Display Connection	Check Display Cable Connection
	Faulty MCB (D2 LED on)	Replace MCB
	Insufficient torque	Pot adjustment
E6		
Safety Key Off	Faulty Safety key	Check Safety key or switch
Elevation Motor	Elv. Motor not moving	Check Elv. Motor connections
Stalled Elev. Motor	Elv. Motor screw binding	Calibrate motor or remove obstruction
	Elv. Motor out of range	Check motor zero position
	Faulty MCB	Replace MCB
E7		
Elevation Motor	Elv. Motor out of range	Calibrate Elev motor
Display doesn't light up	On/Off Switch	Check if unit is turned on
	Fuse	Check fuses on MCB
	Insufficient power source	Plug unit in a dedicated 120V, 20A outlet



(Figure 1)

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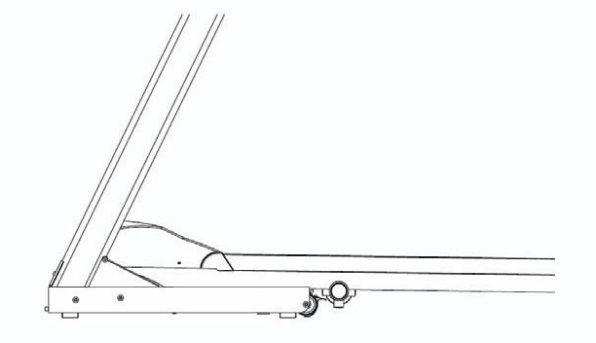
TROUBLESHOOTING (continued)

E6/E7		
Incline Function Abnormality	If the treadmill stuck in a raised position, press & hold STOP while pressing DOWN simultaneously for 3 – 5 sec. to force the treadmill to lower until a value 100 is read at the information window, then release the keys	
	If the treadmill stuck below zero position, press & hold STOP while pressing UP simultaneously for 3 – 5 sec. to force the treadmill to raise until a value 100 is read at the information window, then release the keys	
	If any of the above does not help, contact your authorized center for service	
Treadmill Does Not Work	A fuse or circuit breaker has cut off power	Replace fuse or reset breaker. Contact a qualified electrician if needed. Plug the treadmill into a dedicated 110-120VAC 15 or 20 Amp outlet to ensure the treadmill receives appropriate power to function correctly. The outlet must not supply power to any other devices or appliances



(Figure 2)

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WARRANTY

LIGHT COMMERICAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Seven (7) year replacement warranty coverage on frame and five (5) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

RESIDENTIAL WARRANTY

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and ten (10) year on other parts. Labor warranty coverage is two (2) years. Warranty covers the original consumer purchaser only.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.

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